

July 26, 2011

Testimonial

My name is Linda. I am 44 years old and I am a musician. Three years ago I found myself in Dr. Moyer's office. I had chronic neck and shoulder pain due to the amount of time I spent playing piano at my job (8 to 10 hours daily). Nothing seemed to alleviate the pain I faced daily...not ibuprofen (which I frequently took 3000+ mg a day), not alcohol (which numbed the pain temporarily), not exercise or stretching or yoga or ANYTHING!!! I was at the point where I did not think I was going to be able to continue with my performing career as the pain was worsening monthly. By the time I came to find Dr. Moyer and chiropractic, I could not sit at the piano for more than an hour or so without taking pain medication. Also, I suffered from miserable headaches every single day. I could not turn my head to the left more than a few inches. I often woke up in the night due to pain.

When I first tried chiropractic, I was somewhat sceptical it would help at all but felt I had nowhere else to turn. My medical doctor was of no help and actually discouraged me from seeking out a chiropractor. My family also thought it was a bad idea. Unfortunately, there are a lot of misconceptions about chiropractic medicine. However, from my very first visit with Dr. Moyer I was made to feel that my pain was real and treatable. He gave me hope that I would not have to continue to live my life with the constant chronic pain that I had begun to think was almost normal! After several weeks of intensive treatment, I slowly began to feel a decrease in my pain level. I could do my job longer without pain killers, my headaches became less regular and less severe, and I noticed a definite increase of mobility in my neck. Today, I rarely take headache medicine, I can do my job no problem, and I do not live with pain any longer. Currently I go to see Dr. Moyer for an adjustment roughly every 3 weeks and believe it keeps me on the right track with my neck and shoulder problems.

Also, I had a baby last year. Very late into my pregnancy I was told by my ObGyn that my baby was breech and I would need a c-section. I was determined to have my son naturally and went on the internet seeking possible alternatives. To my surprise I discovered there is a chiropractic treatment called the Webster Technique for this problem. I immediately discussed this with Dr. Moyer and was delighted to learn that he knew how to administer this technique. It was completely painless and safe for both me and my baby. At my last ultrasound prior to my scheduled c-section my ObGyn was astounded to see that in fact my son had completely turned around!!! She told me she could not understand how he had turned as it was so late into my pregnancy and my son was so big (almost 9 pounds at birth). When I told her about the Webster technique Dr. Moyer had administered, she was speechless. My son and I are living testaments to the benefits of chiropractic. If you feel like any of this rings true for you, try chiropractic. It changed my life for the better. Maybe it could do the same for you!

Linda